F. M. Deggendorf, Publisher.

POTOSI, - . - - MISSOURI

Vacation days are spending days. close to nature

The plug hat is to be abolished even

in order to get a fresh start.

in English society.

One way to keep cool is to avoid reading rules about how to do it.

It is predicted that the sheath skirt will disappear with the summer girl.

You cannot convince a sunburned man that there are spots on the sun.

Wait until cool weather comes before you wear tight collars or discuss politics

Americans will eventually be a flatfooted race.

It takes a hero to go about in his his coat on.

season now call for talcum powder action. and a shoe horn.

the snow shovel.

and not as "digits." "The black death" is leading to a general crusade throughout the coun-

try against the rats.

That New York man who left his have been fond of prunes.

larity of the swimmin' hole.

effort to stay the hand of disease.

A French surgeon recently per-

How important it must make the small boy in the bathing suit feel to to have materialized. be told that he has a riparian right!

In this brand of weather the amateur gardener clings to his hammock will.

Two and a half millions of Americans live by writing, including, of course, those who write home for money.

California woman died as a result of wearing too small a corset. Some women would rather die than be out

Just one little favor! When the sun begins to broll again, please say: "Hot, isn't it!" instead of: "Hot ain't it!"

believe that his son would ever suc ceed in getting anywhere without a 8,021 plurality. All of the seturns are bird shot. The injured are: lot of help.

There are said to be 10,000 music teachers in New York. We presume that this is in addition to those who teach ragtime.

crave excitement

They are fighting the grasshopper pest in California with vacuum clean ers. And, strange to say, there seems

to be money in it. lantic in a dirigible balloon or an was a tobacco user from youth. aeroplane is pretty sure to succeed in

crossing the Styx.

the blame on the women.

do not behave the race is in danger of decay. Just like a mere man to lay

Somebody asks a western editor how to stop shoes from squeaking. It's none of our business, of course, but one way is to take them off.

Grand Circuit trotting races are be ing held this year as usual, notwithstanding the fact that trotting races are hardly ever accompanied by fatal

ities. Concerning universal criticism of rats who desert a sinking ship, it seems that ordinary justice to the rats will give them credit for knowing

when the ship is sinking. The hammock is one of our most popular institutions these days, espe-

cially when there is a girl in it. It is a good thing that the post of weather man is not an elective one

for just now everybody in the country would vote manimously for his retire ment to even hotter climes. There is a good deal of intelligence on the bench, a judge having decided

that a man has no right to cross his

legs in a car and muddy other people's

Aviators are going to form a union for the purpose of combating people who want them to fly overtime or for inadequate wages. Consider the hardships that will ensue when the avia-

ters strike.

Pennsylvania couples in a certain town refuse to accept a marriage license numbered 1313 on the ground that it is a double hoodoo. They are wrong in their fear. The number ought to discount its own bad luck with all the affirmative force of a dou ble negative.

Potosi Journal U.S. MARINES LAND IN SANTO DOMINGO

The style in gowns is certainly STATE DEPARTMENT MOVES TO PROTECT CUSTOMS HOUSES IN REPUBLIC.

Occasionally the mercury volplanes SITUATION NORMAL IN HAITI

Situation in Troubled Republic Narrows to Revolution Against the Victoria Government-Difficult to Intervene.

Washington.-Pollowing representations from the state department, the havy department has made preparations for landing marines or blue jackets in Santo Domingo at a moment's According to a Boston savant, notice to protect the customs houses.

The recent fighting of Dominican and Haytian forces near Dajabon, Santo Domingo, where there is a customs house, and the fear that Dominshirt sleeves, and a martyr to keep ican revolutionists may attack the customs houses elsewhere in the republic, have led the Washington gov-Bathing suits bought early in the ernment to be prepared for drastic

Nashville to Leave Havti. Reports received at the state de-It might help some, these days, to partment from Henry W. Furniss, go down in the basement and fondle American minister at Port au Prince, said there was no longer any need of the presence of an American gun-Once in a while a baseball writer boat in Haytian waters. This relieves speaks of a player's fingers as fingers the Nashville, in command of Commander Casey B. Morgan, from keeping watch over Haytian troubles. His services may proportly be made use of to keep the Dominican territory under surveillance.

It was explained that the United \$250,000 estate to his landlady may States government could not afford to run the risk of having the customs houses pillaged. There is little in the The only effect hot weather has on way of spoils for revolutionists should the small boy is to increase the popu- they attack the customs houses, but the obligation of the United States under the Dominican convention of The national fly swatting campaign 1907 calls for protection of the cusis a huge joke on the files and a huge toms receipts. They will be protected.

Revolutionists Have Strong Support. The situation in Santo Domingo now seems to narrow itself down to a formed a remarkable operation on revolution against the Victoria govhimself. Maybe he cut his own hair. ernment, with the revolutionists having strong support from Hayti. The reported revolt in Havti appears not

The fact that the revolutionists are the chief source of disturbances in Banto Domingo makes it difficult for the state department effectively to inand lets the weeds grow where they tervene or offer its good offices.

Girl, 20, Swims Across Bay.

onally over the course of the ferry sengers continued their corney. steamers and in full view of thousands of passengers on the trans-bay boats, Miss Nellie Schmidt, of Alameda, 20 years old, swam across San Francisco bay in three hours and six minutes. She is the first woman to accomplish the feat.

Major Wins Nomination.

You can't induce a self-made man to for the nomination for governor over so-called official except those from four counties.

Ordinance Requires American Flag. Seattle, Wash.-The city council enacted over Mayor Cottrell's veto the so-called anti-red flag ordinance Statistics show that every New, whihe provides that when any flag is every day. New Yorkers certainly flag shall be borne with equal prominence.

Oldest Pensioner, 109, Is Dead. Hoopeston, Ill.-Harrison Ingram, 109 years old, died here. His father was a soldier in the war of 1812. Ingram was said to be the oldest pen-The man who tries to cross the At sioner on the government roll. He

One Dead: 19 Hurt In Wreck. A scientist warns us that if women Bryant was killed and nineteen per- its path, whisked Charles Durham out sons were injured when the Frisco of a window of his home, the bed passenger train No. 6, double-heading upon which he law going with him. from Fort Smith to St. Louis, was de Durham sailed around in the air for railed near Rogers, Ark.

> 131 Murder Cases to Try. charged with murders alleged to have been committed before 1912, and one dates back to 1902.

No Contest of Astor Will. ing a contest of the will of her hus-

W. H. Force, Mrs. Astor's father. Church Falls: Three Die. Chicago.-Three men were killed

engaged to pull down the structure. gallows. Life He Took Insured for \$50,000. Westchester, Pa.-Col. Gibbons Gray train when on his way to answer a course of a speech on the house "steel Republic, Gen. Le Conte, who perished will giving his life insurance of \$50, port, challenged Col. Roosevelt to tional palace here, was found on the 000 to his wife.

Texas Town Suffer Storm. Fort Worth, Tex.-A storm of eveast Texas, causing property damage was thought to have been lost on the | donor must be taken off the tablet

Greenville and Rhome. Americans Pursue Bandits. El Paso -Forty heavily armed Swith ranch on the American side. | hourly.

SUFFRAGETTES MARCHING TO THE CONVENTION HALL



34 HURT IN M. & O. WRECK LORIMER ASKS U. S. TO PAY 100 DEAD IN GERMAN MINE

GO OVER EMBANKMENT.

Fatality Escape Is Credited to Metal Construction of All Coaches-Many Illinoisans Injured.

Sparta, Ill.-Thirty-four passengers were injured when a north-bound Mobile & Ohio railroad train was derailed about three miles south Sparta. The wreck was caused by a broken rail. The engine and mail and baggage coaches passed over the break safely, but the smoker, day coach and sleeper were overturned. They plunged down a slight embankment, the smoker and day coach turning over. Most of those injured were in the smoker.

The wrecked train was the first entirely steel coach train put on for this run, from Mobile, Ala., to St. Louis, by the railroad, and to the steel is attributed the fact no one was fatally hurt. The wreck occurred near the W. V. Stockton coal mines and employes of the mines telephoned to Sparta for aid and assisted in rescuing the injured

A relief train was sent from Sparta with physicians and volunteers, and all the passengers were taken to that city. Their injuries were treated and San Francisco, Cal.-Crossing diag- lodging given them. Most of the pas-

FARMER SHOOTS 3 SOLDIERS Healy's associate, John H. Marble of

Privates Doing Outpost Duty in Mimic Warfare Fired Upon-Their Backs Filled With Shot.

Springfield, Ill.-Three privates Jefferson City, Mo .- Virtually com- doing outpost duty in mimic plete returns from he 114 counties of warfare at Camp Lincoln national Missouri give Attorney General Ma- guard maneuvers got a taste of the real thing when a farmer opened fire W. S. Cowherd of Kansas City by on them and filled their backs with

Howard O'Dean, Company L. Peoria.

Charles Dwyer, Company C. Pekin. Davey Layers, Company A. Pekin. It is not thought the men are seriously wounded.

The trio were crawling through a Yorker takes some sort of car ride carried in a procession the American fence preparatory to notifying the men behind them that the "enemy" was in sight.

STORM PLAYS WITH SLEEPER

Man Blown Out of Window Lands on His Bed-Another's Trousers Are Torn Off.

Clarksville, Tenn.-A storm that passed ten miles south of this city, blowing down a saw mill, sev-Springfield. Mo.-Fireman Charles eral mill houses and a'l the corn in a short distance and landed with his bed. unhurt.

131 cases. One hundred and nine are United States Marine Saves Four

"Yellow Boys" From Robber, But Can't Find Them Now.

Philadelphia, Pa -- Robert Arney, a marine from the Fort Mifflin barracks, New York.-Persistent reports that has four \$20 bills some place in his Madeline Force Astor is contemplat- system, but he is unable to get them Arney saved the \$80 from a holdband, John Jacob Astor, have been up man by swallowing the bills. The and sail for Carlsbad in a desperate set at rest by an emphatic denial by footpad was captured later and held in bail for court.

Slayers Asked Death by Bolt. Sherman, Tex .- Two negroes, Wood and six buried alive in the collapse of Maxey and Sellars Vines were hanged a plan to allow government coal lands an old church at Indiana avenue and here. During the storm the negroes to cities, which in turn may operate

Challenges T. R. on Trusts. Washington.-Representative Gard-1 Cornwell, who ended his life on a ner of Massachusetts (Rep.), in the of the late president of the Haytian ray, son of a former fire commissioner

> Supposed Titanic Victim Is Alive. Washington, Pa -- Miss Mand Powbeen held.

Flies 94 Miles an Hour. Paris.-Aviator Brindejone, bound

SMOKER, COACH AND SLEEPER SHOCKS SENATE COMMITTEE FORTY BODIES ARE RECOVERED

WITH EXPENSE BILL.

Unseated Senator Puts in Bill for \$125,000 to Defray Expenses of His Unsuccessful Fight.

Washington.-William Lorimer startled the select committee of the senate that made the second investigation of the Lorimer case by presenting a bill for approximately \$125,000 to reimburse him for expenses incurred in his unsuscessful fight to retain his seat in the senate.

The committee held an executive meeting to consider the matter or its expenditures and make provision to pay them. It has been the contention, even of Lorimer's opponents in the senate, that he should be reimbursed, at least in part, for the money he paid out in defending the case against him.

But the committee was hardly prepared for such a bill as was presented and it is not at all likely it will be paid. One of the senators who voted to unseat Lorimer ventured the opinion that the Illinois politician probably would be allowed about \$50,000.

Next to the claim of Lorimer for reimbursement, the most startling incident of the committee meeting was a claim for \$30,000 for attorney's fees presented by John J. Healy of Chicago, who was retained as one of the counsel for the senate committee. Washington, did not make any definite claim, but left the matter of his pay to the committee. The committee voted to give each of the lawyers \$10,000 in full settlement for their

HOW HERBERT LATHAM DIED

Dispatch From Congo Describes Killing of Aviator by Buffalo In Wilds of Africa.

am, the French aviator, who was killed while hunting in the French before breakfast time. Congo in June, is described in a dison the Congo.

another gun from a native and fired. At this moment a buffalo appeared. Latham knelt and fired again, but only wounded the buffalo, which charged and tossed him thrice. He was killed almost instantly.

CANDIDATE'S HUBBY IN DUEL

When Cattleman Said Woman Would Not Be Nominated, Weapons Were Drawn.

Bartlesville, Okla.-A political dispute over whether Mrs. John Duncan would be nominated for county superintendent of schools by the Democrats ended in a street duel, in which her Memphis, Tenn.—Shelby county is confronted with a murder docket of SWALLOWS \$80 IN BILLS husband was shot three times and D. Alexander, a wealthy cattleman, was seriously injured.

Duncan is not badly hurt, and has been arrested.

Jack Norworth Very III. New York.-Jack Norworth, the vaudeville actor, has been compelled suddenly to cancel all engagements

U. S. Coal Land for Cities. Washington.-Secretary Fisher has

tack of Bright's disease.

of citizens.

Body of Le Conte Found. Port Au Prince, Hayti.-The body make plain his attitude toward trusts iron hed on which he had slept.

Name "Rockefeller" Erased. Tarrytown, N. Y.-William Rocke that will reach \$1,000,000. The towns Titanic, appeared at her home here, prepared for the new Washington memost severely damaged were Merritt | where funeral services for her had morial bridge, which he gave to the for beef will continue for a good many | Hanecy and other legal counsel. local authorities

John D. Forecloses Millionaire. Cleveland - Patrick Calroun, Cleve Americans, riding fast horses, left from Paris for Berlin in an attempt to land and San Francisco millionaire, Sierra Bland in pursuit of 200 Mext win the Pomery prize for straulat- will not resist a court sale of the propthe American line and raided the Rheims. He was averaging 34 miles company, to satisfy a \$1,500,000 debt charges of atrocities upon the talives , oue John D. Rockefeller.

AFTER EXPLOSION.

Lives of 650 Imperiled in Loraine Pit -Many of Rescued Men Suffer From Injuries.

Bochum, Germany.-A mining disaster which imperiled the lives of 650 pit men occurred at the Loraine pit in the vicinity of the village of Gerthe. Many of the imprisoned men were rescued, but it was feared that more than 100 had been killed.

Forty bodies had been recovered and the rescue parties were unable to enter the gallery in which the fire damp explosion occurred, where it was believed from 50 to 100 men were still entombed and had almost certainly perished.

A large number of those rescued were suffering from severe injuries and it is expected that many of them cannot recover.

The rescue department, which did such good work at the time of the French disaster at Courrieres, near Lens. on March 10, 1906, when 1,230 miners were killed arrived here but was unable to penetrate the galleries, owing to the flames and the poisonous gases.

The wives and families of the miners were gathered around the pit head all day, but were unable to learn any details, as the officials of the mine re fused information.

Detroit Reaches Queenstown After 24 Day Trip-Will Continue Journey to Russia.

Queenstown, Ireland .-- Capt. Thomas P. Day and the crew of the 36-foot boat Detroit confessed that what they wanted more than anything else was rest after their 2416-days' voyage across the Atlantic, but they Paris.-The death of Hubert Lath- got little of it. They were besieged by visitors at their hotel from long

Capt. Day says he and his crew will patch from Brazzaville, a river port have a few days' enjoyment of roomy quarters and good food, after which June 25 Latham had wounded a rhi- they will go to Cowes, and later, noceros, and was about to finish the through the English channel and animal when his rifle burst. He seized | North and Baltic seas, to St. Peters-

President Announces He Will Return Steel and Wool Bills-One

Message for Both.

Washington, D. C .- Following a special cabinet meeting. President Taft made it known to his callers that he would veto both the wool and steel tariff revision bills. One message, it was said, will accompany these measures back to congress. In it the president will declare that neither of the bills was formulated with the ald of the tariff board, and therefore do not constitute scientific revision.

Farmer Sleeps on Track, Killed. St. Joseph, Mo .- John Boston, & farmer, went to sleep on a railroad track near here and was struck by a Burlington train and instantly killed.

President Le Conte Incinerated. Port Au Prince, Hayti.-Gen. Cincinnatus Le Conte, president of the republic of Hayti, perished in a fire which destroyed the national palace. It was caused by an explosion of the effort to save his life, owing to an atpowder magazine.

Chinese Pirates Attack Portuguese. Macao.-Chinese pirotes attacked the Portuguese island of Kolowan at the mouth of the West river. Troops Twenty-first street. The men killed prayed for lightning to wreck the jail them under certain regulations to sup- were rushed from here by the Portuwere members of a wrecking crew and kill them sparing them from the ply municipal needs as well as those guese governor. News of a battle is scribed the United States Steel corexpected.

Fired Thirty Buildings.

Massachusetts. Predicts Famine in Beef. Chicago -- Henry F. Horine, statis-

years at least. Pope to Investigate Atroct les. Rome.-Four Franciscans in Eng-

by ruther dealers.

Congressional Notes

Jingoes got another setback when the White House announced that the government of Japan had authorized the expenditure of \$1,000,000 for the erection of a building and tea grounds at the Panama Pacific exposition in San Francisco

Representative Gardner of Massachusetts (Rep.), in the course of a speech on the house "steel trust" investigating committee's report, challenged Col. Roosevelt to make plain his attitude on the trust problem. The Progressive party made its for-

mal bow in the senate. Senator Poindexter, as a member of the new party. asked that Col. Roosevelt's speech at Chicago August 6 be printed as a publie document. Secretary Fisher has a plan to allow government coal lands to cities,

which in turn may operate them under certain regulations to supply municipal needs as well as those of citi-By unanimous vote the house dismissed the contest brought by Charles

J. Mauer for the seat in congress held by Representative Richard Bartholdt of St. Louis. The Oldfield bill to revise the patent laws to meet the recent patent monopoly decision of the supreme

court was reported to the house by Chairman Oldfield of the patent com-President Taft told friends he expected to veto the legislative-executive-judicial appropriation bill, which carries an amendment abolishing the

commerce court. In addition to his objection to abolishing the commerce court, Mr. Taft is said to be opposed to the proposal to limit civil service employes to seven-year terms. The new policy of requiring all national banks to have an examining committee for the detailed observation of its business and conduct of its

ment made by Lawrence O. Murray, comptroller of the treasury. By a vote of 44 to 11 the senate refused to strike from the Panama canal bill the provision exempting American ships from payment of tolls for pass-

employes, aside from the visits made

by the national bank examiners, is

proving its worth, according to a state-

age through the Panama canal. Favorable report on the senate resclution appropriating \$100,000 for the relief and transportation of refugees from Mexico was agreed on by the house committee, which amended it to make a fund available for all points

along the Mexican border. President Taft in a special message to congress urged immediate enactment of legislation to provide an operating force for the Panama canal, the governing final zone and the fixing of maximum tolls. The president indicated that the question of free passage to American ships might be decided later,

ing the Dixie Power company a fran-30-FT. BOAT CROSSES OCEAN chise to dam the White river at Cotpower enterprise. That the bill menaces navigation interests and the government's conservation policy are the great crowd greeted them with delight, reasons set forth in the veto message transmitted to congress.

President Taft vetoed the bill grant-

The fight to pass the \$150,000,000 pension appropriation bill was lost by one vote in the senate and the measure was sent back to the house for further conference.

After a motion to agree to the house amendment to abolish the seventeen the pension agencies be retained.

The militia pay bill, which has been favorably reported from the house committee on military affairs, contains a provision which will settle once and for all the mooted question as to whether the milltla can be or-TAFT TO VETO TWO MEASURES dered to duty outside the limits of the United States.

It has been asserted by the president's friends in both houses that he will veto all of the tariff bills that reach him. Such action would be accepted as final by congress, and no attempt would be made at this session to repass the measures. Much unfavorable comment is heard

be an organized effort to postpone consideration of the Panama cana! bill until the next session of congress. Since the first Monday of December, nearly 21,000,000 words have been

put into the Congressional Record.

the chatty score will exceed 25,000,

The investigation of the record of Justice Daniel T. Wright in the Gompers contempt case has been begun by members of the Nebraska delegation in congress in conformity with ic state platform, which renounces the good quantity of rich cream. decision and calls on the congress-

ment to inquire into it. ownership of railroads and industrial organizations was declared by Repre sentative Stanley of Kentucky in the house of representatives as one preventive of such monopoly as he de-

poration to be.

The senate passed the Panama canal bill by a vote of 47 to 15. The bill rush of blood to the head and neuralas it emerges from the senate not gic pains in the chest. Greenfield, Mass.-Bernard C. Muronly disregards Great Britain's protest against free tolls for American of Hartford Cour confessed to havcharge of embezzlement, had made a trust" investigating committee's re- in the fire which destroyed the na- ing set fire to thirty hotels and public ships, but contains radical legislation buildings in Connecticut and western affecting several of the big railroad systems.

William Lorimer has asked the senate to pay him approximately \$135, 600 as a reimbursement for the exclonic proportions swept north and ell. a China medical missionary, who feller has ordered that his name as tician and price expert for the Union penso he incurred in defending his Stock Yards company, issued a state-election to that body. Of that amount ment predicting that the high prices \$75,000 is for the fees of former Judge

The house spent several fruitless hours debating a resolution proposing given by Postum Co., Battle Creek, an investigation of the patent office. The resolution went over without lish monasteries received instructions action. Debate raged around the propfrom the pope to go to the Putumayo osition to appropriate an additional can rebels, some of whom crossed away cross-country flight, landed at crty of the Euclid Heights Realty district in South Africa to investment \$10,000 to enable the president's economy commission to empley expects to nake this investigation.

The average man makes the mis-

take of overestimating his greatness. Courtship is less expensive than marriage, according to the figures on

gas bills. It is sometimes a good plan to be sure the other fellow is right-then

Not So Bad.

follow in his footsteps.

"I don't see how you can find life worth living in such a small town." "Oh, it's not so bad. We probably have just as many scandals here as there are in your neighborhood."

Lives on It.

Margaret-They say that Mrs. Baker makes a fortune out of a cure for obesity.

Katharine-Yes. She lives on the fat of the land.-Life.

More Time Needed.

"You must get three weeks' vacation this year."

"Why?"

"Two weeks aren't enough." "They're all I can get." "I don't care. You've got to have

with two new dresses that I hadn't had time to wear."

three. Last year I had to come home

Show Devotion to Queen. Queen Alexandra was very much touched by the devotion of the women of every station of life who sold flowers on Alexandra day for one of her pet charities, the hospitals of London. More than \$150,000 was collected, and next year it is said that all of England will celebrate the

queen mother's day in the same way.

Unsatisfactory Transaction. "I'll admit," said Erastus Pinkley, dat de mule I done traded off foh a bushel of oats warn't much good. But jus' de same I feels like I been cheated."

"What are de trouble?" inquired Miss Miami Brown.

"I traded de mule off for a bushel of oats. While I had my back turned de mule done et de oats, an' I don' see how I's gwinter break even .-Washington Star. New Idea for Dressmakers.

A New York woman has inaugurated a new departure. She sent word

to a number of dressmakers that she

had so many dresses to make, of such and such materials, and so many others to be altered, and named the alterations to be made and asked for bids. She will probably accept the lowest bid, and this seems to open up a new field in dressmaking. It will also develop a new variety of shrewdmess on the part of successful dressmakers-the ability to figure on bids.

That One Thing Lacking.

Lady Augusta Gregory, the able and ardent apostle of the modern Irish movement, is fond of telling the fol-

lowing real Irish story: "It was the wedding day of Pat and Bridget, and they were having church wedding. It was a grand affair. Pat was dressed with patent leather shoes, white vest and flaming tie. Bridget shone attractively in ter, Ark., in furtherance of a water many colors. The ceremony was over, and the happy pair walked down the alsle, out into the street, where a

"Once seated within the cab, Bridget leaned over to Pat and said, in a loud whisper, 'Och, Pat, if we could only have stood on the sidewalk and watched ourselves pass, wouldn't it have

been hivin'.' In the Meantime.

There had been a row at recess outlying pension agencies had been time, and Miss Martin had called in lost on a tie vote, the senate agreed, all of the pupils, and had a sort of 29 to 26, to stick to its demand that a school court, which lasted until time for school to be dismissed. The trouble had started with some of the older boys in a misunderstanding over a game. After hearing both sides of the question, she decided proper punishment for the combatants, and told them to remain in their seats after the others had gone home. She remembered something she wanted to say to a little boy who did not take

part in the affray, so she turned to him and said: "Now, in the meantime, Guy-" "I wasn't in it, Miss Martin," Guy

interrupted hastliy. "Wasn't in what?" asked Miss Martin. "Why, in the mean time," said the about the senate over what seems to eight-year-old. - Mack's National

Monthly. HOW MANY OF US Fall to Select Food Nature Demands to Ward Off Ailments?

A Ky. lady, speaking about food, If congress adjourns when expected, says: "I was accustomed to eating all kinds of ordinary food until, for some reason, indigestion and nervous prostration set in. "After I had run down seriously

my attention was called to the neces-

sity of some change in my diet, and

I discontinued my ordinary breakfast the plank of the Nebraska Democrat and began using Grape-Nuts with a "In a few days my condition changed in a remarkable way, and I The absolute divorcement of the began to have a strength that I had never been possessed of before, a.

vigor of body and a polse of mind that

amazed me. It was entirely new in my experience. "My former attacks of indigestion had been accompanied by heat flashes, and many times my condition was distressing with blind spells of dizziness,

"Since using Grape-Nuts alone for breakfast I have been free from these troubles, except at times when I have indulged in rich, greasy foods in quantity, then I would be warned by a pain under the left shoulder blade, and unless I heeded the warning the old trouble would come back, but when I finally got to know where these troubles originated I returned to my Grape-Nuts and cream and the pain and dis-

turbance left very quickly. "I am now in prime health as a result of my use of Grape-Nuts." Name Mich.

"There's a reason," and it is explained in the little book, "The Road to Wellville." in page.

Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest.